

KNOW YOUR NUMBERS

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

Top Number:
SYSTOLIC (mm Hg)
 The pressure or force in the arteries when the heart beats

Bottom Number:
DIASTOLIC (mm Hg)
 The pressure measured between heartbeats

WARNING!

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely

LIFESTYLE CHANGES that Lower Blood Pressure

- Move More**
Get regular physical activity
- Focus on Nutrition**
Follow the DASH diet and eat potassium-rich vegetables
- Cut Salt**
Aim for 1,500 mg of sodium or less per day
- Limit Alcohol**
For men, not more than 2 drinks per day; for women, 1
- Lose Weight**
Losing just a few pounds can make a big difference
- Don't Smoke**
If you smoke, stop
- De-stress**
Meditation and rest help lower blood pressure



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/HighBP to learn more about High Blood Pressure.

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